Notes

Schedule
- Only enter the venue at your designated times.
- Allow extra time for temperature checks.
- All open stretching will take place in the designated stretching area and may overlap with the previous session.
- Please be mindful of other activities when entering the venue.

Food and Drink
- No food or alcoholic beverages will be allowed inside the venue for participants and spectators.
- Water stations will be available for participants to fill their personal water bottles.

Spectator Seating
Due to the Covid Guidelines, spectator seating will be socially distanced. Please be sure spectators from your clubs are aware.
- Groups of 4 chairs for families will be spaced 6 feet apart.
- Chairs should not be moved or rearranged.
- Temperature checks will be set up outside of the venue entrance for spectators.
- A designated spectator entrance will be used.
- Masks will be required for spectators will inside the venue.

Athlete Entrance, Seating and Masks
- Temperature checks for participants will also happen just outside the entrance of the venue.
- There will be a designated Participant entrance which should only be used for those participating in the current session.
- All participants will have a credential to be used to access the Participant entrance at the appropriate time.
- We will have designated seating for Participants by club. All bags, etc. should be confined to the Participant seating area.
- Participants will need to wear masks while waiting during their session. When approaching the floor to compete/perform, there will be a table designed for masks.
- Coaches will need to always wear masks while in the venue.
- Participants should bring their own water bottle and hand sanitizer. There will also be water filling stations and hand sanitizing stations in the venue.
Opening Ceremonies
Due to limited spectator seating, we will be performing the Opening Ceremonies twice. Both instances will take place on Wednesday evening. All Participants will take part in both. Based on spectator pass purchases, we will assign a time to spectators for each club. The rehearsal will be closed to spectators to aid in the logistics of limiting numbers inside of the venue.

6:30pm Opening Ceremonies 1
Spectators from Electric Ave, WCC, Believe, Fallbrook, Birons, Aurora, GymTrix and Classic

7:15pm Opening Ceremonies 2
Spectators from Zero Gravity, Showcase, Skyview, Berks East, and Impact

Equipment
We have gotten a few questions regarding the size of the floor exercise area for nationals. A standard 42x42 Spring Floor will be used for Power TeamGym, the GymFest, the Gym for Life Challenge and Acrobatics and Tumbling. A full list of equipment from our host is also attached.

Body Tuning Workshop with Toby Townson
We are very lucky to have Toby Townson join us for our event. If you are unfamiliar with Toby and his work, just Google him and you will discover his background in gymnastics, dance and even his experience as the original Barkley on Sesame Street! He will be providing two opportunities to experience his Body Tuning workshop which involves moving and stretching at the same time as humming the eight notes of the octave. The humming creates a vibration in the body which encourages focus and healing. The Humming Octave Stretch is a great Pilates informed warm up for any exercise or sport or a cool down concentration after a workout. Both workshops will take place on Thursday and are open to all participants.

Items specific to Development Program Acrobatics and Tumbling

Errata
One update has been made to the dismount for the Stunting/Acro event for Seniors due to safety concerns and is reflected in the link to the Errata below.
https://www.usagym.org/PDFs/Group/teamaerotumbling/rp_errata_060121.pdf

Exceptions Submitted for Acrobatics and Tumbling Junior and Senior Teams
Two clubs submitted requests regarding exceptions to rules to field a team for this competition.
- Zero Gravity has been granted permission to include an athlete on their Senior Team that will be a few weeks shy of the minimum age 12 by the competition date. This approval also includes an allowance for the 6-year spread rule due to this athlete.
- Showcase has been granted permission for their Junior team to allow more than a 6 year age spread with a spread of ages 10-17.
Seeding Process for Youth Division
Due to the number of youth teams, we will have a session to seed the teams for finals on Saturday. The seeding will consist of two events, Stunting/Acro and Balance/Pyramid. A random draw will determine the order and the total of both event scores will determine seeding. With the original entries, we had more than 5 teams which would have required splitting into two pools. We now have five teams, so all will compete in one session on Saturday.